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FUN-ICULAR!

And suddenly it appeared. We've got an update on Edmonton's river-valley wonder
metroNEWS

City ends tempest in a bra cup

GYM DRESS CODE

New guidelines aim to be more specific after controversy



Kevin Maimann
Metro | Edmonton

Sports bras officially have Edmonton's support.

After releasing new guidelines for appropriate attire at city-run gyms this week, which some criticized as vague, officials clarified Wednesday that sports bras get a pass.

Last month, a woman criticized the city in a Facebook post after claiming a staff

member at Meadows Community Recreation Centre told her she couldn't wear a sports bra when she worked out.

"Based on these guidelines, a sports bra is not inappropriate. It's designed for that type of activity, so it will be appropriate," said Annett Kamenz, supervisor of recreation and physical activity experiences with the city.



Based on these guidelines, a sports bra is not inappropriate.

Annett Kamenz

The city started reviewing its clothing guidelines late last year to keep — ahem — abreast of fashion trends.

Initially, the new guidelines stated clothing must "not be

overly revealing, and must be mindful of the comfort of other users," which caused some confusion.

Kamenz said the city heard from its critics and will up-

date the language "right away" to clarify its position on sports bras.

That means from now on, if bare midriffs offend you, that's just too bad.

"People have to be tolerant of others," Kamenz said.

For what it's worth, she said the city "very rarely" hears complaints about gym attire.

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MENTAL HEALTH

Opening curtains on Blue Monday



Alex Boyd
Metro | Edmonton

Blue Monday is the third Monday in January and known as the day when the post-holiday crash and lack of light collide to give many a serious case of the blues.

Or is it?

The day has long been referred to as the saddest of the year, with purported links to suicide, but some mental health professionals are taking aim at the belief Blue Monday — which falls on Jan 16 this year — actually sees a spike in incidents.

"People think it's the most depressing day of the year and they attribute that to the higher number of suicide deaths, and that just doesn't bear out," said Mara Grunau, executive director of the Centre for Suicide Prevention in Calgary, which collects data for all of Alberta.

Grunau said the suicide rate stays fairly stable throughout the year, except for a very slight increase in the spring.

She said that feeling down isn't the same as being depressed, and cautions against belittling mental illness.

The myth is ironically positive, said Edmonton registered psychologist Dr. Ganz Ferrance, as it presents an opportunity

to raise awareness of mental health in general.

"It's not specifically a day, that just makes good headlines," he said. "But people are talking about Blue Monday so I think it's a helpful way for people to talk about mental health."

He says winter months see an uptick in anxiety, depression and suicidal thoughts.

"We have to be aware of how we function as people and do things proactively to make sure that we're looking after ourselves."

That means getting enough sleep, eating well and exercising, he said. For those living in northern climates, the lack of light can play a role, so he recommends getting outside or using special lamps that mimic the sun's rays.

He added that for anyone seeing warning signs — irritability, using more alcohol or drugs or isolating yourself from people — should see someone.

Grunau pointed out that one in five Canadians are expected to have a mental health concern at some point in their life.

"That's also a message to the four in five to embrace (the person struggling) and reach out to them," he said.

The Canadian Mental Health Association runs a free Distress Line in Edmonton that can be reached at 780-482-HELP.



Tara Stafford stands at the new Green Room location in Edmonton. KEVIN TUONG/FOR METRO

Pot dispensaries ready to roll in city

MARIJUANA

Green rush as entrepreneurs get in position for law changes



Kevin Maimann
Metro | Edmonton

The race is on for Edmonton's first pot shop, as would-be marijuana dispensaries wait for the green light from officials.

The Green Room Society, a Vancouver-based chain, has opened an information centre on 81 Avenue and Gateway Blvd., where people can consult with a health practitioner for free to learn more about the drug.

While it is not currently a dispensary, the company's president Frederick Pels makes

no bones about the reason he's here.

"We're not expecting the city to (allow dispensaries) until it's ready, but we are positioning ourselves to be in the city for when that does happen," Pels said. "In the meantime, we are providing a valuable service."

The Green Room plans to open three more information centres in Edmonton, and hopes to eventually turn them all into dispensaries.

In the meantime, its current centre — marked by conspicuous green Christmas lights around its window frame — has signed up 1,000 customers since opening on Dec. 16.

"It just gets busier every day," Pels said.

Pels would like to see the city sort out a regulatory frame-

work before federal legalization arrives this spring. His business is ready to start dispensing before the federal law comes in, if the city gives them the OK.

Aaron Bott ran a medical marijuana dispensary called Mobile Access Compassionate Resources Organization Society (MACROS), which served 1,000 patients out of its family owned business Hemperfi on 118 Avenue.

But Edmonton Police raided and shut it down in summer 2015, while RCMP simultaneously raided a family member and business partner's home.

Charges were withdrawn against Bott just last month, and Hemperfi was fined \$6,500 for holding an illegal identity. Bott is now trying to fundraise

that money to get his seized equipment back from police.

"It was frustrating. We wasted a year and six months putting our family through financial pressures. It basically had taken us down financially," he said.

Bott is part of a stakeholder group that will present recommendations on marijuana regulation to the Alberta government in the coming months.

While he also hopes the city gets a jump on federal legislation, Bott plans to operate fully within the law when he reboots operations.

"I know there's a lot of companies that are trying to break into the Alberta market, but we're very cautious on how we're going to do that," Bott said.

"We want to work with the government, not against them. I hope they realize that the dispensary model is a needed model."



We want to work with the government, not against them.

Aaron Bott

SHARING ECONOMY

AirBnb host against more regulations

An Edmonton AirBnb host says he supports a levy against his profits but not more home-sharing regulations, after the Alberta Hotel and Lodging Association said share-economy hosts like him are getting a free ride.

The Association's president and CEO, Dave Kaiser, said this week that the hotel industry's tourism levy — a four per cent charge on every hotel stay — is part of what brings travellers to the province in the first place, by funding Travel Alberta and tourism development.

But AirBnb host Adam Smith said Wednesday he would agree to paying a similar levy to bet-

ter his hometown.

"If that went to things like Ice on Whyte and the Flying Canoe Festival and festivals around Edmonton, I wouldn't be averse to that," he said.

Smith, who built a basement suite in his house as an AirBnb unit, said home-sharing is an important option for people with high home costs and a way to connect with others.

But he said it doesn't need more government oversight.

"I do think people should be paying tax on that income, but I don't think that an excessive amount of regulation is necessary," he said.

KEVIN MAIMANN/METRO

ENVIRONMENT

Fonda slams Trudeau over pipeline decision

As far as Jane Fonda is concerned, there's only one lesson to be drawn from Prime Minister Justin Trudeau's recent approval of two oilsands pipeline projects.

"The lesson is we shouldn't be fooled by good-looking Liberals," the Hollywood icon said Wednesday in Edmonton, where she appeared to support indigenous leaders in their concerns over fossil fuel development.

Fonda — as well as chiefs from Manitoba, Alberta and British Columbia — said environmentalists everywhere were impressed by Trudeau's appearance at international climate talks held in Paris in late 2015.

"We all thought, well, cool guy," she said. "What a disappointment."

"He talked so beautifully of needing to meet the requirements of the climate treaty and to respect and hold to the treaties with indigenous people. Such a heroic stance he took there, and yet he has betrayed every one of the things he committed to in Paris."

Grand Chief Derek Nepinak, with the Assembly of Manitoba Chiefs, said he felt the same letdown.

Last year, Trudeau approved Kinder Morgan's plans to triple the capacity of the Trans Mountain line between Edmonton

and Burnaby, B.C., and also gave the nod to replacing Enbridge's Line 3 between Edmonton and Superior, Wis. But he pushed ahead with a national carbon price and rejected Enbridge's proposed Northern Gateway pipeline.

The compromise did not please Grand Chief Stewart Phillip of the Union of British Columbia Indian Chiefs.

"I share the bitter disappointment," he said.

Allan Adam, chief of the Athabasca Chipewyan First Nation downstream of the oilsands, said his band has been trying for years to get action on its concerns. His people want a comprehensive health study done, as well as movement on environmental recommendations on already-approved mines.

"We haven't gotten any further than when I first started," he said. "In fact, we've gone further backward."

Trudeau failed to restructure the National Energy Board or environmental assessment hearings into major resource projects, said Phillip.

He promised indigenous people will turn to the courts to try to block any more fossil fuel development, including the Teck Frontier mine, a new oilsands project being reviewed that would produce about 260,000 barrels of bitumen a day.

Some went so far as to lump Trudeau in with U.S. president-elect Donald Trump.

"When Prime Minister Trudeau says he looks forward to working with Trump on yet another tar sands expansion pipeline, Keystone XL, that tells you everything you need to know about Trudeau's commitment to respecting indigenous rights," Phillips said. THE CANADIAN PRESS



Jane Fonda THE CANADIAN PRESS

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Troy and Olivia Steele are refurbishing a heritage home in Westmount, which he hopes to one day retire in. KEVIN TUONG/FOR METRO

Homeowner's love for Westmount renewed

PRESERVATION

Troy Steele is refurbishing 1922 Hunt Residence

Jeremy Simes
Metro | Edmonton

Troy Steele's labour of love is to refurbish a 95-year-old home in Westmount and save it from being erased.

"I was fearful it would become an infill home," Steele said. "So when it was designated as a heritage home, we were thrilled and bought it to support the neighbourhood."

Steele is among a few Ed-

montonians participating in the city's Historic Preservation program, a project that sees up to \$75,000 in municipal money go to refurbishing old properties to preserve the city's history.

The program began in 1984 with the Hotel Macdonald and has since included numerous properties, according to David Johnston, a planner with the city's historic preservation programs management unit.

"These buildings are becoming rarer and rarer," Johnston said. "With the uptick in infill, a lot of re-development pressures are being placed on these older neighborhoods, and we're starting to lose the buildings more frequently."

Steele's house — called the Hunt Residence and located on

109A Avenue, near 124 Street — will head to a public hearing later this month to possibly receive formal protection. That means heritage materials and fixtures must be well maintained, if approved.

Johnston said planners scanned the Westmount area in the early 2000s to determine which homes had enough "historical integrity."

"The Hunt Residence had its original windows and its original siding that hadn't been altered significantly," he said.

Built in 1922, the home was first occupied by Albert Hunt, a clerk with the provincial government. He later sold it to Roy Forman, a trainman with Canadian National Railways. It appears it had been unoccupied after 1966.

But it was only last year when the home went on the market, and that's when Steele became interested. The bungalow has two triangle roofs, original wood siding and a porch.

"It's an exquisite example of craftsmanship," Steele said. "It fits perfectly and absolutely belongs in this neighborhood."

The city invested \$75,000 into the residence while Steele fronted the rest.

"There's no way we're making money from this," he said. "All of this is done out of love and dedication."

He said he hopes to rent out the home for a few years until his kids move out. After, he and his wife, Olivia, will move in for retirement.

Steele expects the home to be complete in the spring.

TRANS MOUNTAIN PIPELINE

Approval 'is good news for Albertans'

Alberta Premier Rachel Notley says British Columbia's decision to approve the expansion of the Trans Mountain oil pipeline will benefit both provinces.

Notley says the pipeline will help Alberta's battered economy, create jobs in both provinces and help attract international investment to Canada.

She says there are plenty of people who support the pipeline and some opponents will

be won over when they learn about how it will help the economy and how the federal government plans to bolster marine safety.

The premier says she has no problem with Kinder Morgan's plan to pay B.C. up to \$1 billion over 20 years to share in the revenue from the pipeline, and says the deal was not made at Alberta's expense.

Notley says she does not be-



I am very happy.

Rachel Notley

lieve the payment deal will set a precedent for other proposed pipeline projects.

She says it is good news after years of failure by conservative governments to get a pipeline

approved.

"I am very happy. It is good news for Alberta. It is good news for Albertans," she said.

"We are not out of the woods by any means. There are a lot of difficult times ahead and hard work to do but this is certainly something that of course in the long-term will have measurable benefits in terms of GDP, and jobs and bringing investment."

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Americans show interest in U of A after Trump win

EDUCATION

Visits to the university's recruitment have increased



Alex Boyd
Metro | Edmonton

The University of Alberta saw a "dramatic" increase in interest from Americans following the election of President-elect Donald Trump, according to officials.

Every day, an average of 60 Americans read the school's website for prospective students, but in the days following Trump's surprise victory that number peaked at 390 Americans per day, said Vice-Provost (International) Britta Baron.

That's an increase of 650 per cent.

It's not just idle curiosity either: Applications from Americans for next fall are up 60 per cent so far, with several months left to go in the application process, she said.

As of Jan. 9, that meant 134 undergrad applications and 184 graduate applications from south of the border.

Baron said the spike is "totally not normal."

While she said the university doesn't have research to show these are people fleeing Trump, she said it is a "fairly



The University of Alberta's recruitment site has become a popular online destination for Americans since the U.S. election in November. KEVIN TUONG/FOR METRO

We can confidently assess that our student numbers from the U.S., as of September 2017, are going to be significantly up.

Britta Baron

plausible explanation."

She said the patterns of where applications come from is relatively predictable, and added that a random spike is especially unusual from a neighbouring country like the U.S.

"It's not like they're just

discovering Canada," she said.

American students tend to submit applications to more schools than students from other countries, Britta said, so the total number of American students coming to Edmonton won't be anywhere near the number of applications

submitted.

"Nevertheless, we can confidently assess that our student numbers from the U.S., as of September 2017, are going to be significantly up from not only last year, but every year since we started recruiting international students in any significant way."

Students may not be the only Americans jumping ship. The Canadian immigration website made headlines when it crashed as results were reported during the U.S. election on Nov. 9.

BY THE NUMBERS

650%

Increase in Americans looking at recruitment site every day following the U.S. election.

60%

Increase in applications from Americans.

ORGAN DONOR

Man gives kidney to an old friend

Elizabeth Cameron
For Metro | Calgary

When Shamus Neeson signed up to be a living kidney donor in 2015, he didn't know to whom his organ would go. He knew he would be saving a life, and that's all that mattered.

Through the grapevine, Neeson heard rumours about a friend of a friend who needed a kidney. That person turned out to be Nelson Nobrega — who attended high school with Neeson 20 years prior.

They played junior football together, and had recently reconnected on Facebook. "I messaged him and said hey, I heard you need a kidney and I've got one," said Neeson, laughing.

They were the same blood type, and after more testing, found out they were a complete match. The date was set — on Feb. 8, both Neeson and Nobrega will check into the Foothills Hospital for surgery.

"It's one of those serendipitous things. We haven't seen each other in 20 years, and all of a sudden we've come to this point," said Nobrega, who has been battling kidney disease for the past eight years and gets hooked up to a dialysis machine for four hours, three times a week.

Initially, Neeson was matched with someone who had been waiting for more than eight years — but the victim of a fatal car crash turned out to be a perfect match for her, and the transplant went ahead.

"That left me in a bit of limbo," said Neeson, who was still determined to donate his kidney to someone.

"I had already made the decision mentally that I was doing this. At that point, it really didn't matter who I was saving," he said.

The process to become a donor wasn't difficult, according to Neeson, who wants to encourage other Canadians to sign up for Alberta's Living Donor Program.

"I'm going to be off work for a couple months and I'm helping lengthen someone's life — why not?" he said.

Nobrega said he feels blessed to have a friend like Neeson.

"My first question when I wake up from surgery will be, 'how is Shamus doing?'"

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LAUNDRY

Sniff your jeans, wait a month

An Edmonton researcher might have the answer to an age-old question: How often do you have to wash your jeans?

It's not nearly as often as you'd think.

Rachel McQueen, an associate professor in textile science at the University of Alberta, recruited 52 people and gave them each two pairs of jeans that they had to wear regularly for about six months.

One pair they washed every two days; the other, every 20 days. Conclusions? Washing once a month wasn't that bad.

"People have that perception that it's bad if I'm not putting on a pair of jeans that haven't been recently washed, that somehow I'm disgusting," McQueen said.

"But that's a myth."

Participants were asked to rate their jeans' cleanliness every two days of wear, and while there was a "slight" increase in how dirty the infrequently washed ones were, McQueen said it wasn't huge.

There are obvious exceptions. "If you spill a whole lot of coffee on yourself, then yes, put them in the washing machine," McQueen said. But otherwise, waiting a month or so is fine, she said.

"For a more day-to-day basis, do a sniff test and if it's fine and they don't look visibly dirty, then why put them in the washing machine?"

"There's a lot of water usage and energy usage in creating clothing in the first place, and

the consumer-use phase is a huge chunk of that."

McQueen said the jeans put through a wash and dry every two days had visibly more wear and tear.

Brandon Gaspic, assistant manager of the Bootlegger in South Common, said he regularly sees pants coming back ruined.

"A lot of people like to use... powerful detergents and then over-wash [their jeans] and it makes them just fall apart," he said.

On the other end of the spectrum are those with unusual strategies — like freezing their jeans periodically — to try and kill any bacteria without resorting to washing, he explains.

ALEX BOYD/METRO

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Howie Mandel

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Figuring out the funicular

The city has finished about 60 per cent of the funicular — a \$24-million project that will provide access to the river valley via a tram-like vehicle beside the Hotel Macdonald. Here's a quick refresher on what will do what when the funicular is open, likely in the fall.

JEREMY SIMES METRO



Edmonton's funicular will be especially useful for those with mobility issues trying to access the river valley. KEVIN TUONG/FOR METRO

1 THE STAIRS

They aren't your typical stairs, according to Jesse Banford with the city's facility infrastructure department. On one side, runners will be able to jolt up or down while sitting blocks — made of concrete — are on the other side for people to lounge on. Banford says the stairs have about 170 steps, and are made out of Kebony wood — an eco-friendly material known for its durability.

2 THE FUNICULAR

It fits about 20 people and moves using cables. Banford describes it as an elevator with glass walls — but instead of moving vertically, the funicular moves at an angle. He says the funicular moves two metres per second, so one ride would take you about two minutes. But total trip time — which includes some walking — from the top-of-bank at 100 Street to the lookout is about eight minutes.

3 THE PROMENADE

The steps and the funicular will land on a promenade, a grassy park with benches that look like blue waves. Vancouver artist Jill Anholt designed them as part of her installation called Turbulent. As part of the project, the city will plant 50 new trees and 2,000 new shrubs. The promenade is about 850 square metres.

4 THE BRIDGE

The bridge stretches over Grieson Hill Road and above the forested area. It's covered in concrete deck panels, which were installed like "Lego blocks" using a 400-tonne crane, according to Banford. He says the entire project — from the top-of-bank to the river valley trail — is about 44 metres.

5 THE LOOKOUT

The bridge eventually slopes down and becomes the lookout, which is positioned slightly before and above the river. There will be built-in seating made out of concrete. The railing facing the river will be entirely made out of glass, which will create a "seamless and breathtaking experience," says Banford.

6 THE ELEVATOR

The elevator, located just before the lookout, lets those who have accessibility challenges access the broader river valley trail system and Louise McKinney Park, among other destinations. The project will also connect to the original stairs that were in place before they were closed for construction.



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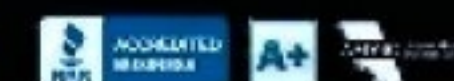
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Labour 'hero' faces deportation

IMMIGRATION

Migrant worker and advocate out of options

A migrant worker who has stood up for fellow workers and become a public face of the labour rights movement is facing deportation herself, caught up in the very rules she fought successfully to change.

Gina Bahiwal, 42, has run out of options and is scheduled for deportation to the Philippines on Sunday. She was left without status under the former Tory government's now rescinded "four-in-four-out" rules that banned migrant workers from Canada for four years after having worked here for four.

"I have been inspired by Gina's dedication and tenacity to fight for the rights of migrant workers. From advocating for their maternal rights to exposing the unscrupulous practices of migrant recruiters, Gina is one of our unsung heroes," said Chris Ramsaroop of the advocacy group Justicia for Migrant Workers.



Gina Bahiwal speaks before a parliamentary committee last year that led to changing rules.

TORSTAR NEWS SERVICE

Bahiwal, who has a university degree and worked as a social worker in the Philippines, came to Canada in 2008 under the temporary foreign worker program and worked in Ontario and British Columbia in vegetable packing on farms, hotel housekeeping and at a McDonald's.

She said she paid a Canadian

"I have been inspired by Gina's dedication and tenacity to fight."

Chris Ramsaroop

recruiter \$5,000 to find her a job in Leamington, Ont., packing tomatoes, peppers and cucumbers but found herself unemployed when she refused to pay another \$2,200 to the recruiter to renew her work permit. She later found another job at a different farm.

In 2012, when the Conservative government introduced the

four-year ban on migrant workers, Bahiwal knew her days in Canada were numbered and decided to find another job that could potentially offer her a path to permanent residency here.

Bahiwal said she paid another recruiter \$1,500 for a job as a housekeeper in B.C. She said she left after two years because she stood up for another migrant worker over her firing and the employer allegedly refused to sponsor Bahiwal's immigration.

Later she found a job at a McDonald's in Hope, B.C., and applied for permanent status in Canada under the provincial nominee program. However, her earnings did not meet the government's income eligibility threshold.

Although the Liberal government recently rescinded the four-in-four-out rules after a parliamentary review of the temporary foreign worker program, Bahiwal's work permit expired in October 2015 under the old regulations.

"Gina's case is different from other cases because of her advocacy work. She is the spokesperson for this vulnerable group," Bahiwal's lawyer, Richard Wazana, said.

TORSTAR NEWS SERVICE



Alvin Fiddler CONTRIBUTED

FIRST NATIONS

Suicides show need for action, chief says

The deaths of two 12-year-old girls from a remote First Nation in northern Ontario are further evidence of the need for a national suicide strategy to help protect children across Canada, a prominent indigenous leader says.

One of the girls was found dead Sunday and the second one Tuesday in Wapekeka First Nation, an isolated community of about 360 people. The community is focused on ensuring there is enough support in place to stabilize the situation, said Nishnawbe Aski Nation Grand Chief Alvin Fiddler. A number of young people that have been identified as high-risk were flown out of the community, and there's reason to believe others may be at risk, Fiddler said.

"I did request the police to monitor the social media activity of these children and youth to try and detect if there is a pattern," he said.

In December, Fiddler called an emergency meeting with federal cabinet ministers and Assembly of First Nations National Chief Perry Bellegarde, where he made a direct link between suicide and the prevalence of childhood sexual abuse in indigenous communities. THE CANADIAN PRESS

POLITICS

There is no 'quid pro quo' with Russia, Canada says

Canada is rebuffing the Kremlin's thinly veiled overtures that it might be willing to lift a travel ban on new Foreign Affairs Minister Chrystia Freeland if it eases sanctions on Russia.

Joseph Pickerill, Freeland's spokesman, says Canada isn't interested in any bargaining on the subject.

"There is no quid pro quo for aggression and illegal action on their part," Pickerill said.

The Russian news agency Sputnik reported Wednesday that the country wanted to improve relations with Canada

and end the diplomatic fight. Sputnik reported that a source told reporters, "We are ready to co-operate with Canada in all directions, improve relations and end the sanctions war. But we did not start it. The question is for Ottawa."

Freeland, who replaces Stephane Dion as Canada's top diplomat, is among a dozen Canadians placed on a Russian sanctions list in 2014 as part of Russian President Vladimir Putin's tit-for-tat response to Western sanctions following Russian-backed military incur-

sions into Crimea.

The former economic journalist, who spent several years working and living in Moscow, has called Putin an authoritarian, an autocrat and "really dangerous."

Following the cabinet shuffle Tuesday that made her Canada's top diplomat, Freeland said her background left her "well-positioned" to be part of the government's Russian engagement, despite the fact her name is on Putin's sanctions list.

As for getting off that list,

"That's up to Moscow," she said.

The Russian sanctions will be a major topic of discussion when a group of Canadian MPs heads to Europe and Asia next week to assess Russia's impact on the region.

A source close to the committee told The Canadian Press that some of its discussions with government officials, civil society and academics will centre on whether sanctions are effective, and whether they have any unintended consequences.

THE CANADIAN PRESS



Chrystia Freeland

AFP/GETTY IMAGES

NOVA SCOTIA

'Agonizing questions' all that remain in unimaginable tragedy



The coffin of Lionel Desmond is carried into St. Peter's Church in Tracadie, N.S. on Wednesday. ANDREW VAUGHAN/THE CANADIAN PRESS

The funeral service inside the big, old church by the harbour started with the arrival of two caskets — one draped in the Canadian flag and carrying the remains of former soldier Lionel Desmond, the other his mother Brenda.

More than 300 people filled the pews inside St. Peter's Roman Catholic Church in Tracadie, a small village in northeastern Nova Scotia on the edge of St. Georges Bay. Many onlookers crowded into the entryway of the 200-year-old church, and a handful stood outside, despite a cold, driving rain.

Desmond was a 33-year-old veteran of the war in Afghanistan who suffered from post-traumatic stress disorder. He took his own life last week after he fatally shot his 52-year-old mother, his wife Shanna and their 10-year-old daughter Aaliyah — a ghastly, unthinkable crime that attracted national attention and sparked a difficult debate over PTSD and family violence.

The funeral for Desmond's wife and daughter is scheduled for Thursday afternoon, across the street from St. Peter's, at the local hall.

During the Roman Catholic

service Wednesday, Rev. John Barry said it was impossible to offer an explanation for such a "horrific tragedy."

"In the face of such tragedy, it sometimes feels that all is lost," the priest said. "Inevitably, we all are searching for answers and we are asking many questions ... We cry out to God, for he is the only one we can turn to."

Among mourners were members of the military and the Royal Canadian Legion, as well as a few veterans wearing leather jackets with their regiments displayed on the back.

Brenda Desmond's casket was brought in first and placed in the centre aisle. Her son's flag-draped casket was brought in next, as a piper played a dirge.

As the caskets were carried to the front of the church, a few mourners at the front wailed with grief.

"I cannot answer all of your agonizing questions ... during this dark hour," Barry said later. "God has all of the answers ... Let us be patient and confident that we will one day be able to ask Him, face to face."

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SCIENCE

Moon over the hill at 4.51 billion years old: Study

It turns out the moon is older than many scientists suspected: a ripe 4.51 billion years old.

That's the newest estimate, thanks to rocks and soil collected by the Apollo 14 moonwalkers in 1971.

A research team reported Wednesday that the moon formed within 60 million years of the birth of the solar system. Previous estimates ranged within 100 million years, all the way out to 200 million years after the solar system's creation, not quite 4.6 billion years ago.

The scientists conducted uranium-lead dating on fragments of the mineral zircon extracted from Apollo 14 lunar samples. The pieces of zircon were minuscule — no bigger than a grain of sand.

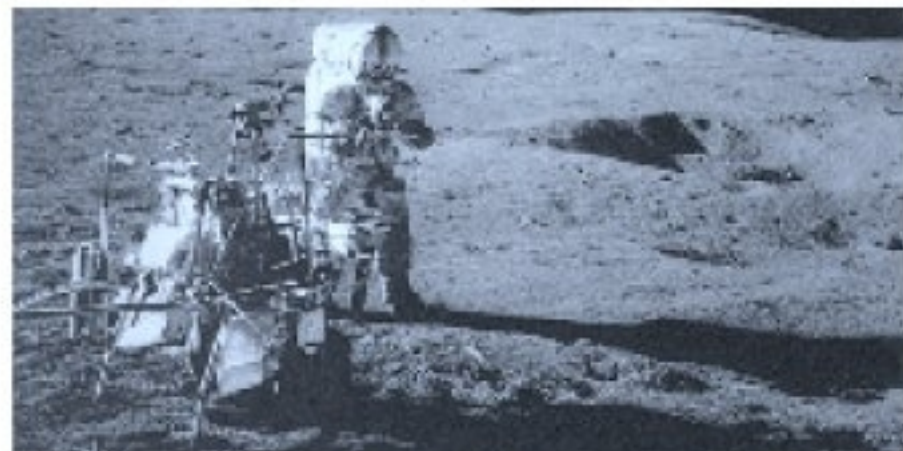
"Size doesn't matter, they record amazing information nonetheless!" lead author Melanie Barboni of the University of California, Los Angeles, said in an email.

She noted that the moon holds "so much magic ... the key to understand how our beautiful Earth formed and evolved."

The moon was created from debris knocked off from Earth, which itself is thought to be roughly 4.54 billion years old.

Some of the eight zircon samples were used in a previous study, also conducted at UCLA, that utilized more limited techniques. Barboni said she is studying more zircons from Apollo 14 samples, but doesn't expect it to change her estimate of 4.51 billion years for the moon's age, possibly 4.52 billion years at the most.

"It would be more a double-checking than anything else," she explained. She and her colleagues — whose work appeared Wednesday in the journal *Science Advance* — are eager to learn more about the moon's history and, in turn, the evolution of early Earth and the entire solar system. THE ASSOCIATED PRESS



Apollo 14 astronaut Alan B. Shepard Jr. conducts an experiment near a lunar crater. On Wednesday, a California-led research team reported that the moon formed within 60 million years of the birth of the solar system. NASA VIA THE ASSOCIATED PRESS

POLISH FOREIGN MINISTER

Mention of nonexistent country sparks jokes

The Polish foreign minister has been mocked on Twitter for saying he had a meeting with the representative of a nonexistent country as part of Poland's bid for a seat on the UN Security Council.

Witold Waszczykowski was in New York this week to lobby for a seat on the council from 2018-19. He told reporters while there on Tuesday that he had meetings with officials from nearly 20 countries, including some Caribbean nations "for the first time in the history of our diplomacy. For example with countries such as Belize or San Escobar."

There is no country called San Escobar. Waszczykowski explained Wednesday that it was just a slip of the tongue made while he was tired and that he had in mind Saint Kitts and Nevis, a two-island Caribbean country known in Span-



Poland's Foreign Minister Witold Waszczykowski
THE ASSOCIATED PRESS

ish as San Cristobal y Nieves.

That hasn't stopped an eruption of jokes under the hashtag #SanEscobar, including an invented flag and a slew of fake news about the fictional place. One tweet said that San Escobar "fully supports Poland's candidacy to the Security Council."

THE ASSOCIATED PRESS



U.S. President-elect Donald Trump speaks during a press conference on Wednesday. AFP/GETTY IMAGES

Russian report explained

Here's what you need to know about the explosive allegations

President-elect Donald Trump held a news conference in response to a shocking new wave of allegations that Russia collected information that could be used to compromise him. The allegations run from the time before Trump entered the political stage, when he developed business interests in Russia up to the 2016 U.S. presidential election.

WHAT ARE THE ALLEGATIONS?

The allegations are that Russia has collected compromising sex videos and personal information about President-elect Donald Trump. The allegations centre around memos delivered to Trump and out-going U.S.

President Barack Obama last week by intelligence chiefs.

The memos suggest that for many years the Russian government has looked for ways to influence Trump. The memos describe videos involving prostitutes with Trump in a 2013 visit to a Moscow hotel. The videos were supposedly prepared as "kompromat," or compromising material, with the possible goal of blackmailing Trump. The memos also suggest that Russian officials proposed various lucrative deals, essentially as disguised bribes in order to win influence over the real estate magnate.

ARE THE ALLEGATIONS PROVEN?

No.

TRUMP'S REACTION?

On Tuesday night, Trump responded on Twitter: "FAKE NEWS — A TOTAL POLITICAL WITCH HUNT!"

A spokesperson for the Russian government also categorically denied the allegations as totally false.

WHAT ARE ALLEGATIONS BASED UPON?

The memos were generated by political operatives seeking to derail Trump's candidacy. The summary of the memos was presented as an appendix to the intelligence agencies' report on Russian hacking efforts, sources told The New York Times.

WHO DREW UP ALLEGATIONS?

The memos were prepared mainly by a retired British intelligence operative for a Washington political and corporate research firm.

The firm was paid for its work first by Trump's Republican rivals and later by supporters of his Democratic opponent, Hillary Clinton.

WHEN DID TRUMP HEAR THEM?

Obama and Trump were presented with a summary of the unsubstantiated reports last week by the chiefs of the U.S. intelligence agencies, The Times reports.

TORSTAR NEWS SERVICE

Trump concedes Russia's role in hacking

In a combative and freewheeling news conference, President-elect Donald Trump said for the first time Wednesday that he accepts Russia was behind the election year hacking of Democrats that roiled the White House race. Looking ahead, he urged Congress to move quickly to replace President Barack Obama's signature health-care law.

The hour-long spectacle in the marbled lobby of Trump's Manhattan skyscraper was his first news conference since

winning the election in early November, and the famously unconventional politician demonstrated he had not been changed by the weight of his victory.

He denied reports that Russia had collected compromising personal and financial information about him, lambasting the media for peddling "fake news" and shouting down a journalist from CNN. His family and advisers clapped and cheered him on. Trump's transition has been

shadowed by U.S. intelligence assessments that Russia not only meddled in the election, but did so to help him defeat Hillary Clinton.

"As far as hacking, I think it was Russia," Trump said, quickly adding that "other countries and other people" also hack U.S. interests. Still, he kept needling the intelligence agencies, saying it would be a "tremendous blot" on their record if officials were leaking information.

Wednesday's news confer-

ence was initially billed as a chance for Trump to answer questions about his plans for distancing himself from his sprawling, family-owned real estate and licensing business.

Lawyer Sheri Dillon stepped to the lectern midway through the event to announce that the president-elect was relinquishing control of the Trump Organization to his adult sons and an executive, as well as putting his business assets in a trust.

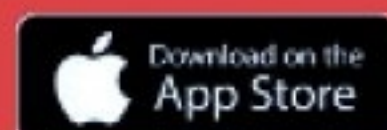
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Vinyl plant finally set to open

MUSIC INDUSTRY

Facility able to press 330,000 units a month at full capacity

Waxing on about the vinyl resurgence may be old news to some, but for Gerry McGhee, capitalizing on the trend has meant a troublesome, years-long quest to open a new vinyl pressing plant in Ontario.

From searching the world for record-making machines to construction delays and cutting through bureaucratic red tape, it has been three long years, but McGhee can see the light at the end of the tunnel.

"We actually had to approach our neighbours and ask them to shut down for 12 hours just to get the power lines in," said McGhee, vice-

president, Precision Record Pressing. "That's happening this weekend, and we'll finally be up and running soon after."

Originally planned to open last June, the five new machines, which cost approximately \$200,000 apiece, are in place at the facility in Burlington, Ont., and the 40-person staff are being trained in advance of production starting up in the next few weeks.

At full capacity, McGhee

says that Precision will be able to produce 330,000 records a month, running three shifts 24-7 and employing 200 people.

Precision's plans to start up come in the wake of the closing of a Calgary-based

record-pressing plant, Canada Boy Vinyl (CBV), last week.

A lifelong music fan, McGhee was struck by the idea of opening a pressing plant when the vinyl resurgence hit full swing half a decade ago.

58%

Vinyl, which accounts for 5 per cent of physical media sales in Canada, was up 58 per cent in 2016, while CDs were down 15 per cent, according to a recent BuzzAngle market report on music consumption.



Gerry McGhee, vice-president of Precision Pressing, shows off his new record making machines on Wednesday. The plant is opening next month in Ontario. TORSTAR NEWS SERVICE

As president of Isotope Records, a distribution company that works with all the major music labels, McGhee realized

there was an opportunity, as the record stores were often disappointed that their vinyl orders weren't being filled be-

cause Canadian orders were a lower priority at U.S. pressing plants.

TORSTAR NEWS SERVICE

PRICING PRACTICES

Amazon agrees to pay \$1.1M

Online retailer Amazon has agreed to pay \$1.1 million in penalties and costs to the Competition Bureau to settle concerns raised over its pricing practices.

The bureau says the concerns related to the "list price" Amazon used to compare what it charged for an item with a "list price." The comparisons usually signalled "attractive savings" for consumers but were unsubstantiated by the company, the bureau said.

It said Amazon relied on its suppliers to provide the list prices without verifying that they were accurate.

The savings claims were used on its website, Amazon.ca; on its mobile application, in online advertisements and in emails that were sent to customers.

The regulator noted the retailer has made changes to the way it advertises list prices on its website.

The bureau's investigation spanned from May 27, 2014 to May 1, 2016.

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BOB HEPBURN ON KEVIN O'LEARY



Because he isn't an official candidate yet, the celebrity entrepreneur is not required to state where he stands. Still, there are key questions for him to answer.

Kevin O'Leary is a real tease, isn't he?

For more than a year, the multimillionaire entrepreneur has been tossing out hints that he will run for the federal Conservative leadership, a move that has many party loyalists salivating.

Over that time, O'Leary, who became a national celebrity as a panelist on the CBC-TV program *Dragon's Den*, has met with dozens of federal MPs, has launched his own campaign-style website, O'Leary for Canada, has posted videos on his Facebook page denouncing Justin Trudeau and has created an exploratory committee with high-profile Tories, such as former Ontario premier Mike Harris. The list goes on.

But at times O'Leary has inexplicably pulled back, suggesting variously that the timing isn't quite right, or that the field of candidates is too crowded right now or that he needs a better sense of the true mood of party members.

It's enough to break the heart of any Conservative desperate to defeat Trudeau in the 2019 election and who looks with despair at the 14 candidates already in the Tory race.

O'Leary can continue to tease his fans until Feb. 24, the last day for leadership hopefuls to officially declare their candidacy.

The Conservatives tarred Michael Ignatieff with the 'Just Visiting' tag. Will O'Leary, who has said 'Boston is home,' also be 'just visiting'?

Because he isn't an official candidate yet, O'Leary is not required to state where he stands on any issue. Still, there are key questions for him to answer if and when he does enter the race. They include:

First, will you run in the 2019 election even if you lose the leadership race?

Given the timeline of when he must enter the race (Feb. 24) and when the leadership votes will be announced (May 27), O'Leary may well be a politician

others. To avoid potential conflicts of interest, many rich political leaders, including president-elect Donald Trump, have taken steps to insure they are squeaky clean in this area.

Third, will you move full-time to Canada rather than continue to split your time between here and Boston, where you have lived since the mid-1990s, if you win the leadership?

While O'Leary owns property in Toronto, he told *Boston Magazine* in 2013 that "Boston is

on any other issue, such as the Middle East, environment or social policy, such as assisted suicide.

Fifth, will you pledge to learn French even if you lose the leadership race?

Last year O'Leary, who doesn't speak French, casually dismissed the notion that a federal party leader should be bilingual. Now, though, he's reportedly hired a private French tutor and says he is "going to try" to learn the language.

If O'Leary does enter the leadership race, he may stand the best chance of winning.

The reasons are obvious: a weak slate of opponents, his huge name recognition and his Trump-style tough-talking image that appeals to many voters. An indication of the size of O'Leary's following is the fact that his latest Facebook video, in which he attacked Trudeau on the economy, was viewed more than 144,000 times in the first 48 hours after it was posted.

Fact-checkers had a field day with that seven-minute video. Among the statements noted was one where he said Trudeau's cabinet "are all ex-Ontarioites under Dalton McGuinty." In fact, only 11 of 31 ministers are from Ontario and not one was a provincial MPP. Also, he said Canada's population is 34 million, when it is actually more than 36 million.

With six weeks to go before the deadline to enter the race, O'Leary has lots of time to craft replies to the key questions. His answers should reveal much about just how serious he is about being a full-time politician.

Bob Hepburn is a columnist for the *Toronto Star*.



Celebrity businessman Kevin O'Leary speaks during a session entitled "If I run here's how I'd do it" during a conservative conference in Ottawa in February 2016. THE CANADIAN PRESS FILE

for barely three months. If he loses, he could easily slink back to Boston where he lives, having invested little time or money. Even if he wins the leadership, O'Leary could quit politics within three years if the Liberals are re-elected.

Second, will you sell or put your businesses in a blind trust if you win the leadership?

O'Leary has a slew of various companies, including the O'Leary Financial Group, O'Leary Ventures, O'Leary Fine Wines, and

home." It was the Conservatives who tarred former Liberal leader Michael Ignatieff with the "Just Visiting" tag when he came back to Canada after decades of living abroad to enter federal politics. Will O'Leary also be "just visiting"?

Fourth, will you release a full set of policy proposals during the leadership campaign?

So far O'Leary has spent much of his time bashing the Liberals over the economy and barely touching

VICKY MOCHAMA



Status of Women should not be where ministers go to rot

Justin Trudeau announced a reshuffle in the cabinet which included a reassignment for Maryam Monsef to the Ministry for the Status of Women. Several have described the move as a demotion. It's considered thus because the office doesn't have the power, prestige or budget of other government departments.

Yet the characterization rings hollow.

For Monsef, it's a lateral move. Let's not pretend that in her former post as minister for democratic institutions she was in any way central to conversations about war or taxes. On her biggest file — electoral reform — she seemed earnest but indecisive. That is if we're being generous.

That Status of Women is considered a step down tells us a lot about the actual status of women in Canada in 2016.

This new position actually gives her a slightly more robust portfolio with working relationships across the cabinet, such as with Justice and Indigenous Affairs, on the Missing and Murdered Indigenous Women inquiry. She is now in charge of a department with a dedicated staff, a budget and a wide-ranging brief.

From a thinly funded portfolio and the unfortunate task of exciting the populace about proportional representation, she now has far more power to compel policy.

Take, for example, gender-based analysis.

Since signing the Beijing Declaration and Platform for Action in 1995, the federal

government has promised to implement gender-based analysis on all policy decisions. Last year, the auditor general revealed the practice has been inconsistent. Of 25 departments, six did not have a framework for gender-based analysis. The rest had partial or incomplete plans.

For two decades then (and counting), there has been a measurably incomplete commitment to looking at how policy impacts the lives of men and women. At present, our national picture of gender and policy is patchwork. This is where Status of Women steps in.

The mandate letter requires the minister to work the Privy Council Office to "ensure that a gender-based analysis is applied to proposals before they arrive at Cabinet for decision-making." With an additional \$3 million in the ministry's coffers from the latest budget, there is now financial room for the incoming minister to make gender-based analysis a priority. From a doomed portfolio, she is now more than equipped to tackle the challenges at Status of Women.

Monsef's track record as minister of democratic institutions should, however, give the 50 per cent of women in the country pause. Despite the testimony of 200 experts and conversations with citizens who joined her as she toured the country, electoral reform is all but dead.

Her new job is not a demotion but it may yet prove an exercise in failing upwards.

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Metro's WOMEN'S MARCH SURVIVAL GUIDE

Tens of thousands of people are heading to the U.S. capital on Jan. 21 for the Women's March on Washington. Hundreds of cities are holding similar events in solidarity. Many will be attending a political rally for the very first time. **Genna Buck** asked the pros what you need to know.

Next week, the United States will be swearing in a president who has called women "dogs" and "fat pigs," made fun of menstruation and bragged about sexual assault. The day after Donald Trump's inauguration, women will be descending on Washington D.C. to express their displeasure. But what

do you pack for a march? What's the etiquette? We asked for tips from **Tori Cress**, a veteran indigenous political organizer in the Idle No More movement, and **Marissa McTasney**, who is organizing bus trips to D.C. from Canada. Here's their best advice, in a handy format you can stick on the back of a sign.

A ROUGH GUIDE TO PROTEST

Tori Cress is a seasoned pro at political action. If you are attending a march next Saturday, here's her best advice:

KEEP UP TO DATE

Any last-minute changes are usually posted on whatever website or social media service the group is using to get organized, so check it often.

STAY OUT OF TROUBLE

Be aware of hangers-on around the sides of a march route, saying hateful things and trying to provoke a reaction and get you off-message. "Don't engage," Cress said.

RESPECTFULLY COEXIST

There are going to be large gatherings with many different groups with various agendas. "I usually just stick with my own crowd," Cress said. "We do all have our own issues, and they're all important. You don't want to try to make your issue more important. It's all white supremacy and patriarchy that we're fighting. It affects us in different ways."

FOLLOW THE LEADER

Stick to the route that's been planned, and if there's a designated person in your group who communicates with the local authorities or police, leave them to do it. "Trying to take the lead and step over organizers is a common mistake that new people make," Cress said.

PACKING AND PREPPING

DON'T FORGET THIS STUFF — A CHECKLIST

- ☐ **Dress for the weather** In January, Washington D.C. is usually between -2 and 6 C and damp, so you'll need warm layers and winter boots you can walk in. Check the forecast to see if you need an umbrella, Cress said. McTasney recommends disposable hand warmers.
- ☐ **Have a smooth border crossing** Whether you're travelling by land or air, find out what you're allowed to take to the U.S. Have all your medications, passport, and travel documents in a safe and accessible place, like a zippered bag in your carry-on. You don't want to hold up your whole bus at the border, McTasney said.
- ☐ **Be comfy on the journey** The drive to D.C. could be 10 hours or more, depending on where you're coming from. So pack slippers, a blanket, a neck pillow and something to read, McTasney said.
- ☐ **Stock up on snacks and a water bottle** Choose things with protein to keep your energy up. Cress suggests granola bars, nuts, and jerky.
- ☐ **Phone, charger, and back-up battery:** Facebook Live is an increasingly popular way to broadcast in real-time. If you want to be able to stream at a moment's notice, it's a "no brainer" to make sure your technology is up to the job, Cress said. (Don't forget a data plan.)
- ☐ **WHAT NOT TO BRING** Avoid anything that could be interpreted as a weapon, Cress advised. Also, many items, including selfie sticks, large protest signs and backpacks bigger than 45x33x18 cm are banned from the actual inauguration ceremony.



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The evolution of a teenage queen

INTERVIEW

Victoria was tiny in stature but giant in her courage, force

Sue Carter
For Metro Canada



In 2014, Daisy Goodwin was suffering through what Queen Elizabeth might call an *annus horribilis*. The British author and television producer found herself unemployed after being forced out of her own company, was diagnosed with a treatable form of breast cancer and, to top it all off, her house burned down in a freak accident.

Any one of those events would test a person's mettle, but Goodwin credits another female monarch, Queen Victoria, with getting her through one of the worst times in her life.

"Looking at a woman who had such incredible force and sense of self was rather encouraging," Goodwin says. "What I like about Victoria is that she's a flawed human being, but she has the courage to learn from her mistakes. She inspired me to write and to not indulge in self-pity."

Goodwin first became fascinated with the 19th-century British monarch back when she was a student in the early 1980s and discovered her journals at the Cambridge University library. As it turns out, Queen Victoria was



Jenna Coleman stars as the young Queen Victoria in the new series premiering Jan. 15 on PBS, which is based on Daisy Goodwin's take on the monarch's first three years in power. HANDOUT

a prolific, lifelong diarist who wrote more than a formidable 62 million words over the course of her life. In particular, Goodwin was struck by Victoria's early journals, which chronicles her crowning as monarch at the age of 18, her infatuation with the Prime Minister, Lord Melbourne, through the early years of her marriage to her first cousin, Prince Albert, to whom she proposed.

In those volumes, Goodwin discovered a "saucy, frisky, willful" self-possessed young woman, "quite interested in parties and boys and flirting, just like any teenage girl would be."

And so, still inspired 20 years later, and facing major personal obstacles, Goodwin began writing *Victoria*, a fictionalized take on the first three years of the Queen's reign. Goodwin initially conceived the story as a novel,

then switched to a screenplay, which would eventually become the eight-part television series, also called *Victoria*, which debuts Jan. 15 on PBS.

For both the novel and series, Goodwin relied heavily on the journals, but also drew from memories of her own youth, and observations of her teenage daughter, who, like the Queen, is diminutive in stature.

"She's tiny but incredibly

powerful as a character," says Goodwin (who wrote herself a cameo in the TV series as Lady Cecilia Buggins.) "I thought about what would happen if I woke up one morning and my daughter was the boss of everyone. It was quite terrifying."

Although the 2009 film *The Young Victoria*, starring Emily Blunt, was a critical success, the image of the youthful ruler has never really resonated in pop

culture like other members of British royalty.

Goodwin speculates it's because the historic images of the older woman are so powerful they're impossible to set aside. It's also difficult to imagine that Queen — whose iconic likeness graces park statues with her thick jowls and stern demeanor — as the same sexually open human Goodwin discovered in the diaries.

"She loved sex. Sex was ter-

“

She loved sex. Sex was terribly important to her and I think we forget her humanity in the image of her.

Daisy Goodwin

ribly important to her and I think we forget her humanity in the image of her," says Goodwin, who also observed that Victoria never seemed concerned about her physical appearance because she had power.

"When you're surrounded by teenagers who spend their whole lives checking how many likes they have on Instagram, it's glorious to write about a woman for whom that is not an issue."

Sue Carter is the editor at Quill & Quire magazine.



Natasha Stoyneff says writing a book about body confidence strengthened her for Donald Trump's attacks. CONTRIBUTED

Q&A

'Look at her...I don't think so'

How Natasha Stoyneff's body image book project helped the Canadian journalist through a fresh attack from U.S. President-elect Donald Trump

Canadian journalist Natasha Stoyneff has worked for *People Magazine* and the *Toronto Star*. Her latest project is *Curvy and Confident*, a *Chicken Soup for the Soul* book that collects women's personal stories about finding body confidence.

If her name sounds familiar, that's because she's the same *People* magazine reporter who, in October, publicly stated that Donald Trump assaulted her in 2005. We asked her about the book and how she's feeling as her alleged assailant is about to be sworn in as president.

What made a story stand out and make you know it needed to be included in the book?

There were so many great submissions. I felt so personally connected to them all. So

many were starting out with struggle and pain. And then you really realize how much women punish themselves and hate their bodies. No matter what shape or size. We have to do something about it. So many stories ... illustrated the theme that so many women don't live moments of their lives, because they're covering their bodies. You don't go to a function because you don't have the right dress. You don't go to the beach or wear a bathing suit.

I can't help but notice the dissonance between the message of this book and your experience. Donald Trump responded to your allegations by saying "Look at her, I don't think so".

It was crazy. (The *People* piece was published) when we were in the last week of the book. I had just gone through all these stories about women baring their souls and being afraid of what people say about how they look. Then the tape came out, and a couple days later I saw what he said at the debate (that the tape was "locker room talk"). And I was just so upset at what he was saying. Working on the book actually gave me the strength to write about it.

When you're a woman it's a struggle anyway to feel confident about how you look. Like every other woman, I have ups and downs with my level of curviness and my level of confidence. And so it was very jarring to have the

president-elect refer to my looks on international television. Strangely, it didn't hurt me too much. I think I'd been strengthened by the book.

Are you angry with the women who elected Trump?

It's complicated. First of all, I think a lot of people may have not believed the women who came forward (and accused Trump of assaulting them). And then the ones who did don't hold that sort of thing as a priority. There's some great saying about a lion being in a cage, and then you take the bars away but they still circle the parameters of the cage. I think (some) women aren't comfortable yet with a woman in power.

GENNA BUCK/METRO

Adults travelling with mom and dad

TRAVEL TRENDS

Boom in trips for grownup clans, just pack your patience

Katrina Clarke
Torstar News Service

Wedge in the middle seat between my parents on a flight to Ireland, I turned to my mum and asked to take a look at her guide book.

"Oh now you want to know what we're doing," my mum teased. My parents had just planned our family vacation — our first as a family of adults.

It was my Vancouver-based sister, Carolyn, who proposed the idea. She is 26; I am 29. And while the four of us travelled frequently as a family when my sister and I were little — holidaying in New Zealand, Israel and Mexico — our travelling foursome splintered as we got older and busier and added significant others to the mix.

I was cautiously optimistic about this adult Clarkes-only trip and braced myself for inevitable bickering and personality clashes. But we so rarely spend time together in Canada, let alone a week travelling, so this seemed like a great chance to reconnect.

The idea, it turns out, is part of a trend travel companies have noticed: more parents are going on trips with their grown children.

"With families scattered all over the place ... it's getting

harder and harder to get everyone together," said Lois Farley, product manager with Great Canadian Travel Group. "(Travel) is a way to keep the family together."

G Adventures, a global adventure travel company based in Toronto, also saw a 12 per cent increase in families travelling with adult kids between 2015 to 2016, while bookings for families with young kids over the same period increased by only 5 per cent, said spokesperson Tim Chan.

As for our family vacation destination, I fantasized about kayaking in South America or skiing in Japan. But my parents wanted a country that was close, safe and easy to explore. I gave up my hopes for a far-flung location and we all agreed on going to family friendly Ireland in November.

I'd been there once before, but mostly to explore Dublin pubs, so I was excited to see the pastoral lands — the emerald parts of the Emerald Isle.

It was from there we left the planning to the parents.

It's not that my sister or I are incapable of planning vacations but this trip snapped us back into a pre-2000s family dynamic. We let our parents take the wheel. Literally, my dad drove us around Ireland.

For most of the time, the dad-in-charge and mum-navigating dynamic worked and I was happiest relaxing and documenting scenery on Snapchat. But there were moments of directional indecision when I missed my adult independence and wanted to grab the wheel or bark: "Wrong way!"



Katrina Clarke and her family, Glenn, Deb and Carolyn, take a selfie at a cliff along the Dingle Peninsula on the Atlantic coast of Ireland. KATRINA CLARKE

We landed in Dublin and spent the next few days travelling north, visiting a prehistoric tomb in Brú na Bóinne, then southwest, touring the crumbling Rock of Cashel. It was in

rainy, cold Cashel that I had my epiphany: one of the best parts of travelling as an adult is being able to drink alongside my parents. Quaffing pints of Guinness in a pub, I was more peer

than teen.

From Cashel we drove further west to Killarney's Land-Before-Time-esque national park — where we found happy middle ground between being a family

with children and being a family with, well, adult children. My sister and I bit our tongues when our parents obsessed over GPS directions and our parents said nothing when we dozed in the car, missing the take-your-breath-away scenery.

After Killarney, we wound through green pastures to the Dingle Peninsula, walked along Inch Beach and snapped selfies at the edge of cliffs overlooking the Atlantic Ocean.

Looking back, if there was one take-away from the trip, it was that being an adult and acting like one are two different things. I didn't always succeed in the latter.

For instance, after Donald Trump's election, I initiated downwards-spiralling, impassioned political arguments, my patience wore thin during long drives, and the more time we spent together, the more pronounced everyone's idiosyncrasies became to me; my ex-military dad demanding early wake-up calls, my mum needing to check out every stone carving and my energetic sister wanting next to no downtime.

But our new family dynamic was fun. We burst into laughter when the GPS spontaneously started talking in the hotel room, triggering our nerves after a long day of driving; my sister and I ribbed my parents when they wanted to be at the airport hours earlier than necessary, and we permitted ourselves a chuckle or two when my dad cracked corny jokes.

"You wouldn't want to be a guy named Ken there," he said as we drove past Kilkenny.



JOHANNA SCHNELLER WHAT I'M WATCHING

Hardwicke's Trumpian wall

THE SHOW: The Wall, Season 1, Episode 2 (NBC)
THE MOMENT: Losing it

Katie and Chris are married U.S. military veterans. He's a risk-taker. She's cautious. She's been backstage in a sound-proof room, answering multiple-choice questions.

He's been on stage rolling balls down The Wall, a giant pachinko machine. He racked up \$1.3 million. Then he lost it all.

Katie doesn't know this. So did she sign a contract that guarantees her some cash (in her case, \$115,000)? Or did she tear it up in hopes of a bigger payout?

Host Chris Hardwicke (@Midnight) asks Katie to stand before Chris and explain her decision. "I was so nervous," she says. "Should I bet on us



The Wall may be meant to change lives but it leaves people screaming and weeping over lost money. CONTRIBUTED

and all the dreams we had for this money? We could start our family on the right track." She pauses. "I didn't sign it."

Chris tells her, "We're left with nothing." Their eyes fill. "You're left with zero dollars, but you're not left with

nothing," Hardwicke jumps in. "You still have each other."

This is supposed to be fun? You're watching people scream for money, or weep over losing it. It's unpleasant either way.

"The Wall is meant to change lives," Hardwicke keeps saying. But try as they might to be inspirational, the three episodes I've seen feel instead like a metaphor for Trump's America: "We have the one thing everyone needs, money. We're going to hold it under your nose, so you can smell it. Then we, like life, are arbitrarily going to thrill you, or snap you like a twig."

It should be called The Wall of Torture.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

MUSIC

Junos rename indigenous award

Juno Awards organizers are renaming the aboriginal album of the year category to indigenous music album of the year.

Juno president and CEO Allan Reid says the change acknowledges all First Nations, Inuit and Metis communities in Canada.

He says the move "aims to honour, respect and acknowledge the indigenous peoples of Canada and their long standing contributions to the Canadian music industry."

It's not the first time the Junos have changed the category's name.

The Juno award, which was introduced in 1994, was originally titled best music of aboriginal Canada recording. Its name was then changed to aboriginal recording of the year in 2003.

Another small change was



Buffy Sainte-Marie won a Juno in 2016 for aboriginal album of the year.

TORSTAR NEWS SERVICE

made in 2010, which renamed the award to specify it was for aboriginal album of the year.

A committee of Juno organizers suggested the latest change was timely given Canada fully adopted the United Nations' Declaration on the Rights of Indigenous People last year. The renamed award will be presented at this year's gala dinner on April 1. THE CANADIAN PRESS



MEET THE CONDO

Centre of the action

Project overview

Talk about a standout. When complete in 2020, Encore Tower will be downtown Edmonton's tallest single-use building, a 43-storey, glass condo tower in the heart of the city. Upscale units with city and river valley views, abundant amenities and outdoor leisure space make this a sought-after gem in the booming city centre.

Location and transit

Smack in the city core, Encore Tower at 103 St. and 102 Ave. is central to all the downtown can offer — Grant MacEwan University, the City Centre Mall, movie theatre and YMCA are all at the condo's doorstep, as are dining, entertainment and services. Bus and LRT are a moment away.

Housing amenities

Location and expansive city or river valley views are top draws for Encore Tower. There's also an on-site concierge, fourth-floor patio with kitchen, and rooftop pool and hot tub. Upgraded units include porcelain tile flooring and designer kitchen cabinets and more. There's also heated underground parking.

In the neighbourhood

The new Rogers Place arena is nearby, as is the Winspear Centre, Citadel Theatre, City Hall and all the dining, services and work sites along Jasper Ave. In the heart of the city's entertainment and work districts, the tower also affords easy access to Edmonton's river valley and urban green spaces.

LUCY HAINES/FOR METRO



ENCORE TOWER

+ NEED TO KNOW

What: Encore Tower

Location: Downtown Edmonton, 103 St. and 102 Ave.

Builder: Westrich Pacific Corp.

Developer: Westrich Pacific Corp.

Building: 43-storey, glass-envelope condo tower

Prices: Starting from \$429,000 plus GST

Sizes: 812 square feet to 2,700 square feet pent-house

Model: Two bedroom, two bathroom units

Status/occupancy: About 50 per cent sold. Set for completion in 2020

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DESTINATION WEDDINGS ARE ONCE-IN-A-LIFETIME EXPERIENCES THAT HAVE MANY COMPLEX AND OFTEN VERY STRESSFUL ASPECTS

— Hidar El-Mais,
president of Travel Gurus

wedding gurus to your destination with you," El-Mais says, "helping get the group organized, handle hotel issues, capture drone video and photo memories, conduct group activities, set up rehearsals and even take on roles like DJ and emcee, and even security."

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Johnny Manziel will be in Houston ahead of the Super Bowl to give fans a chance to take a pic at a price: \$50 per selfie and \$99 for pro portraits

Hall back where it began

NHL

Star returns to Edmonton for first time after stunning trade

Taylor Hall returned to Edmonton on Wednesday to a rink he never played in as he prepared to face an Oilers team that embraced him in the down years only to dump him to get better.

Hall said the initial frustration, and the bitterness, is fading.

"A lot of guys want to be traded. A lot of guys are anxious to leave their teams. I wasn't," Hall said after he and the other New Jersey Devils finished practice at Rogers Place.

"(But) in saying that, I'm really enjoying my time in Jersey. They've made me one of their key guys and it's on me to produce and play well, and I enjoy that pressure."

Thursday night's game between the Oilers and Devils will be Hall's second meeting with his former team since he was swapped for defenceman Adam Larsson in a blockbuster trade last June 29. The Devils lost 2-1 last Sat-



Devils winger Taylor Hall and Oilers defenceman Adam Larsson chase the puck on Saturday in Newark, N.J. BRUCE BENNETT/GETTY IMAGES

urday to the Oilers in New Jersey. It will be his first game as a visitor in Edmonton, however, and his first in the Oilers' new downtown arena. Hall said the new arena

makes it easier to come back, as the old Rexall Place had six years of memories.

"It's not like we had Stanley Cup parades here in Edmonton. There was a lot of losing, a lot of dark times. But through all those dark times I really enjoyed my time here," he said. "I always enjoyed playing in front of fans in a sold-out building every night. That was a great experience to start my career."

For five of his six seasons,

2.67

The Oilers have allowed 2.67 goals per game, putting them 16th in the NHL.

Hall was the linchpin forward and marquee draw for the Oilers.

He was drafted first overall in 2010 and there was much

ballyhoo. Fans bought stuffed Taylor Hall dolls. His 1,000-watt smile was on billboards and marketing campaigns. Retired Oiler great Kevin Lowe gave his blessing to un-retire his No. 4 jersey for Hall to wear.

He scored goals in bunches — 132 in six seasons — while racking up a medical chart full of injuries, including a gruesome skate blade to the scalp during pre-game warmups in 2012.

But the bottom line was the Oilers have missed the playoffs every year since 2006, due mainly to a minor-league blue-line corps.

A big trade was needed. The Devils had defence and no offence and the Oilers had the reverse, so Oilers general manager Peter Chiarelli pulled the trigger.

It did not go over well.

Fans on sports call-in shows ripped Chiarelli as a rube, fleeced into giving up a franchise player for a strong defenceman but a nonetheless lower-ranked commodity.

The vitriol on Chiarelli has evaporated to some degree now that the Oilers, led by a revamped defensive corps and the strong play of goaltender Cam Talbot, sit 10th in the NHL and are in the thick of the fight for a playoff spot in the Western Conference.

Larsson has proven to be as advertised, stabilizing the blue line and getting pucks up to blazing forwards like Connor McDavid.

"Larsson's a rock back there. He's been so good defensively for us. He brings it every night," said McDavid. THE CANADIAN PRESS

IN BRIEF

Westbrook matches last season's triple-double total
Russell Westbrook posted his 18th triple-double of the season, and the Oklahoma City Thunder defeated the Memphis Grizzlies 103-95 on Wednesday night.

Westbrook finished with 24 points, 13 rebounds and 12 assists

for the 55th triple-double of his career. He already has matched his triple-double total from last season less than halfway through this one. THE ASSOCIATED PRESS

Southampton takes first leg over Liverpool in semis

Liverpool endured more cup frustration when Southampton won the first leg of their League Cup semifinal 1-0 on Wednesday.

Nathan Redmond capitalized on a mistake by Ragnar Klavan to score the only goal in the 20th minute and Southampton could rue not building a stronger lead to take to Anfield in two weeks' time. THE ASSOCIATED PRESS

Manchester City faces anti-doping violation

The English Football Association has charged Manchester City with breaching anti-doping rules.

The FA says Pep Guardiola's team failed to ensure that information about players' whereabouts was accurate. City has been given until Jan. 19 to respond to the charge. THE ASSOCIATED PRESS

Mets, Wheeler agree on one-year contract

Right-hander Zack Wheeler agreed to an \$800,000, one-year contract with the New York Mets after missing two seasons because of a torn elbow ligament.

Now 26, Wheeler was 7-5 as a rookie in 2013 and 11-11 the following year. He had Tommy John surgery on March 25, 2015. THE ASSOCIATED PRESS

CANADIAN MATCHUP

Canadiens run up the score on Jets

Phillip Danault and Artturi Lehkonen each scored twice as the Montreal Canadiens dominated the Winnipeg Jets in a 7-4 victory on Wednesday.

Al Montoya, playing against his former team, made 22 saves for the Canadiens (26-10-6).

Connor Hellebuyck allowed three goals on seven shots in his sixth straight start before being replaced by Michael Hutchinson late in the first period. Hutchinson stopped 19 of the 23 shots he faced.

In Winnipeg

7 HABS **4** JETS

Brian Flynn, Tomas Plekanec and Sven Andrighetto also had goals for the Canadiens.

Mark Scheifele scored twice, Mathieu Perreault had a goal and assist and Bryan Little had his seventh of the season for Winnipeg (20-21-3). THE CANADIAN PRESS

IN BRIEF

Panthers winners in NYC

Jason Demers scored the tiebreaking goal early in the second period, Roberto Luongo stopped 29 shots and the Florida Panthers held on for a 2-1 victory over the New York Islanders on Wednesday night.

Keith Yandle also scored for Florida, which won for the fourth time in six games.

Nick Leddy had the Islanders' goal and Thomas Greiss finished with 22 saves. THE ASSOCIATED PRESS

NHL

Ovechkin surpasses 1,000-point plateau

Alex Ovechkin scored twice to reach and exceed the 1,000-point plateau, leading the Washington Capitals to a 5-2 victory over the Pittsburgh Penguins on Wednesday night in Washington.

Becoming the 84th player in NHL history to hit the milestone, Ovechkin put the team on his back as Washington won its seventh consecutive game and snapped Pittsburgh's winning streak at five.

Ovechkin wasted no time picking up his 1,000th point,



Alex Ovechkin
NICK WASS/THE ASSOCIATED PRESS

beating Marc-Andre Fleury just 35 seconds in for his 20th goal this season. THE ASSOCIATED PRESS

Jones vs. Sherman rematch

NFL PLAYOFF

Falcons star could exact revenge against Hawk Sherman

Julio Jones simply shrugged instead of screaming and shouting following a costly no-call against Richard Sherman three months ago. By contrast, Sherman had a meltdown in the same Falcons-Seahawks game when things didn't go his way.

On Saturday, the two stars will meet again in a high-profile matchup when Seattle visits Atlanta in a NFC divisional playoff game.

Seattle beat the Falcons 26-24 on Oct. 16. The Falcons' hopes for a late comeback ended on an incompleteness from quarterback Matt Ryan to Jones. Sherman hooked Jones' right arm as he was draped over the receiver, but there was no call on the apparent pass interference. Jones, who had seven catches for 139 yards and a touchdown, explained Wednesday why he quickly moved past the play.

"At the end of the day, one



Falcons receiver Julio Jones, left, and the Seahawks' Richard Sherman had a contentious matchup in Seattle in October. The stars will line up across from each other this Saturday in the divisional playoff round. OTTO GREULE JR./GETTY IMAGES

play doesn't define a game," Jones said. "It's everything. My job is to go out there and compete for the ball and it's the referee's job to call whatever they see."

"That's how I get over it. I

went out there on that play and competed as hard as I could and didn't come up with the catch. On to the next."

Falcons receiver Aldrick Robinson cringed this week when reminded about the no-call.

"It was hard," Robinson said. "It was hard to watch."

Even so, Robinson said he wasn't surprised to see Jones keep his cool.

"He ain't going to complain about what's going on because



It's going to be fun with the matchup.

Julio Jones on his impending face off with Sherman.

he knows it's hard to stop him," Robinson said. "He knows if you've got to grab him, a lot of guys get away with it. He's probably used to it by now."

Sherman erupted on the Seattle sideline, screaming at coaches and teammates, after Jones' 36-yard touchdown catch in the third quarter. The star cornerback has had little to say this week about the rematch.

When asked what stood out in his memory of the first game against Atlanta, Sherman said, "Nothing that I didn't know. He's a great player."

Sherman also said Jones "works the whole game. He plays hard every snap." Similarly, Jones described Sherman as "very competitive."

"I know that he comes to play and I do the same, week in and week out," Jones said. "It's just going to be fun with the matchup." THE ASSOCIATED PRESS

NFL IN BRIEF

Broncos decide not to pass up Joseph again

A runner-up two years ago, Vance Joseph is John Elway's pick this time around. "Excited to announce Vance Joseph as head coach of the Denver Broncos!" Elway tweeted Wednesday. Joseph impressed Elway in 2015 when Gary Kubiak got the job. THE ASSOCIATED PRESS

Cowboys' Elliott not injured after minor car crash

Star Dallas Cowboys running back Ezekiel Elliott was involved in a minor vehicle accident not far from the team's practice facility Wednesday. The rookie didn't miss practice and said he wasn't injured. THE ASSOCIATED PRESS

McDermott named new head coach of Buffalo

The Buffalo Bills have named former Carolina Panthers defensive coordinator Sean McDermott as their head coach to fix their under-performing defence and improve a franchise that hasn't reached the playoffs since 2000. THE ASSOCIATED PRESS

NFL PLAYOFFS

Steelers aiming to take better care of the ball against Chiefs

Mike Tomlin didn't mention any names. Then again, he didn't really have to. Quarterback Ben Roethlisberger and centre Maurkice Pouncey are the only two players on the Pittsburgh Steelers who put their fingers around the laces on every offensive snap.

And really, there's only one who has the power to decide when, where and how the football gets where it needs to go. So Tomlin left little to the imagination when describing what his surging team needs to do if it wants to find a way to get out of Kansas City with a win on Sunday in the divisional round of the playoffs.

"We have to do a better job of taking care of the ball," Tomlin said. "It is January.



Roethlisberger has thrown eight of his 15 interceptions on the season in his last five games. GETTY IMAGES

You have to take care of the football. It's catastrophic to your cause when it's good-on-good."

Except, oddly, when it's

not. The Steelers (12-5) have reeled off eight straight victories even with Roethlisberger occasionally throwing interceptions.

Roethlisberger had a three-interception day in Buffalo last month and threw another two picks last weekend against Miami in the wild-card round.

"Luckily we had a big enough lead that it didn't matter as much," Roethlisberger said. "But moving forward we need to make sure we limit those mistakes, and I'll start with myself."

He'll need to be especially sharp on the road against a team that created 21 of its 33 takeaways in the red-clad sea of noise at Arrowhead Stadium. THE ASSOCIATED PRESS

YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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1	4	3	2	7	6	5	8	9
9	7	6	8	5	4	3	2	1
2	8	5	3	9	1	6	7	4
4	5	1	9	3	2	7	6	8
6	9	8	5	4	7	1	3	2
3	2	7	1	6	8	4	9	5
8	6	2	4	1	3	9	5	7
5	3	4	7	8	9	2	1	6
7	1	9	6	2	5	8	4	3

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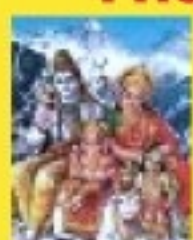
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Ceri Marsh & Laura Keogh
For Metro Canada

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Ready in 20 minutes

Prep time: 20 minutes

Cook time: 10 minutes

Serves 4

Ingredients

- 4 boneless, skinless chicken breasts
- kosher salt
- pepper
- 1/2 cup diced red onion
- about 12 cherry tomatoes, halved
- 1/2 cup diced cucumber
- 1/4 cup chopped fresh basil, plus more for garnish
- 1 1/2 tbsp lemon juice
- 1/2 tsp salt
- 3 large, ripe avocados, diced
- 2 tps olive oil

Directions

1. Place chicken between two pieces of plastic wrap or inside a plastic bag; pound to 1/4-inch thick using a mallet or rolling pin. Season with salt and pepper.

2. In large bowl, toss onion, tomatoes, cucumber, basil, lemon juice and salt. Gently mix in avocado.

3. Lightly oil grill grate or grill pan with oil-soaked towel. Grill chicken, turning once, until cooked through and grill marks appear, about 2 minutes per side. Transfer to a clean platter. (Or you can cook your chicken in a large cast iron skillet over medium heat. Warm 1 tsp oil and add two chicken breasts and cook 4 minutes on each side. Repeat with the last two breasts.)

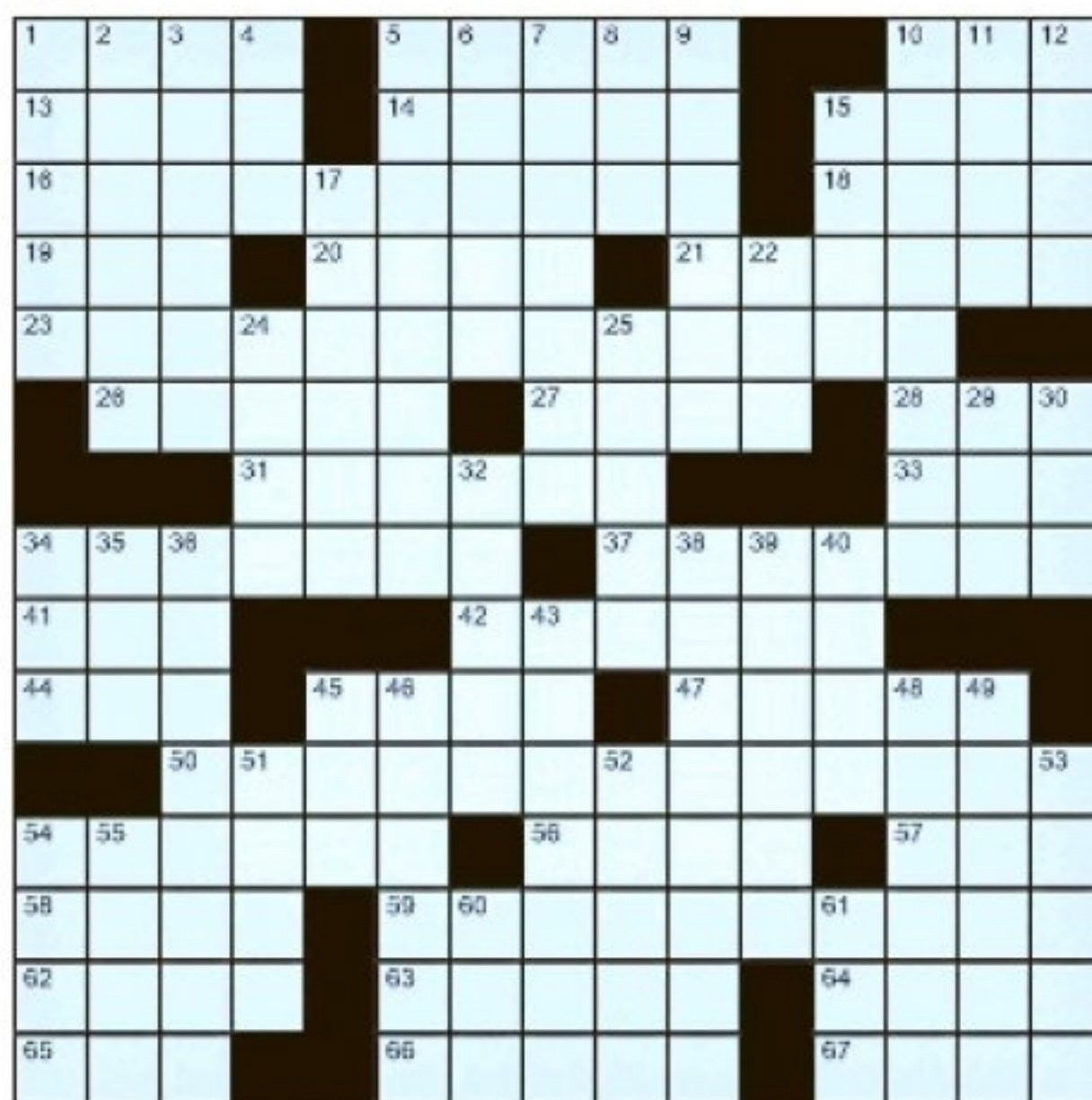
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Post-Winters times [abbr.]
- Appointed
- Metric units, e.g.
- "Able was I __ saw Elba."
- Ms. Donovan of "Clueless" (1995)
- Fearsome reptile, commonly
- One saying "It's now 2pm ...and now it's 3:12pm ...7:23pm now...": 2 wds.
- American chat host Kelly
- Apricot-like Japanese fruit
- Prefix to 'ology' (Study of the eye's iris in alternative medicine)
- Rinsed, as with a solvent
- Honour in 1995 for author Carol Shields for The Stone Diaries: 2 wds.
- Buying-stuff place
- __ River, of New York City
- Hosiery glitch
- Planets
- 'Advert' suffix
- Language spoken in Spain
- Jewelled as Duchess Kate at a formally posh function
- Princess Eugenie's sis
- Schedule
- Shortened sandwich
- Pinnacle
- Sub instrument
- Canadian ballet



legend who is an Officer of the Order of Canada: 2 wds.
54. "Makes sense to me now": 3 wds.
56. Noon: French
57. Court
58. Rapper, Flo __
59. Astronaut's apparel: 2 wds.

62. Mr. Philbin, et al.
63. Printer need
64. Take off
65. Compass pt.
66. Soothsayers
67. Alberta town

DOWN

1. Get tables, chairs,

etc. ready at the reception: 2 wds.
2. Canadian telecommunications provider
3. Make more cheese gooey again
4. "Sprechen __ Deutsch?"
5. Pretty close to being

freezing: 2 wds.
6. "Kate & __"
7. " __ Pierce" (1945) starring Joan Crawford
8. WNW's opposite
9. Challengers
10. Standards/guidelines
11. Sulk
12. Carangid fish

- Penelope of pictures
- Lemon, in Longueuil
- Sch. course, English __
- Cedar Rapids locale
- Tomato __ (Pantry item)
- Operate
- "Waking __ De-vine" (1998)
- Cud-chewing creature
- Fred __ (Cabaret lyricist)
- Salt, in Montreal
- Reality star Audrina
- Those in the know about unknown information
- Handsome fellow of ancient Greek mythology
- Phoned
- Relevant
- Wood chopper
- Treasure boxes
- Freely/whenever you choose: 2 wds.
- Entrenched
- Those, in Spain
- Kitchen gadget for potatoes despite its name
- Sniffers
- Hockey star Bobby's kin
- Gets the horse going!
- Edgar Allan's surname
- Sci-Fi ride

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
A secret love affair might take you over the moon today. Yes, you might be swept away by the romance of it all! Others will be involved in pleasant secrets.

Taurus April 21 - May 21
You feel tenderhearted and supportive toward a friend today. In fact, some of you will feel so cozy with a friend that he or she could become a lover!

Gemini May 22 - June 21
Someone might ask for your creative input on something today. Meanwhile, some of you will strike up a new romance with your boss or someone in a position of authority.

Cancer June 22 - July 23
Because your appreciation of beauty is heightened today, let yourself enjoy beautiful places like parks, art galleries, museums and gorgeous buildings. It will please you.

Leo July 24 - Aug. 23
In discussions about how to divide or share something today, you feel generous toward others. This is good; nevertheless, don't give away the farm.

Virgo Aug. 24 - Sept. 23
Relations with partners and close friends are warm and friendly today. That's because you feel mutually sympathetic and understanding. Gosh.

Libra Sept. 24 - Oct. 23
Someone might ask for your advice at work today. There's no doubt that you will feel sympathetic to co-workers. You also will enjoy a chance to make your workspace look more attractive.

Scorpio Oct. 24 - Nov. 22
This is the kind of day where love at first sight might happen for some of you. You feel starry-eyed, vulnerable and ready for romance.

Sagittarius Nov. 23 - Dec. 21
Family discussions will go well today, because family members are sympathetic to each other. You also will enjoy redecorating or making your home look more beautiful.

Capricorn Dec. 22 - Jan. 20
You feel kindhearted to others today, especially siblings and neighbors. Meanwhile, many of you can make money from your words.

Aquarius Jan. 21 - Feb. 19
If shopping today, you will be tempted to be extravagant because it will be tough to resist elegance and luxury. Oh yes! That's why they call it luxury — and of course, it is irresistible!

Pisces Feb. 20 - March 20
Today you feel very tuned in to the world, which is why you are sympathetic and open to everyone. You are very aware that kindness is important.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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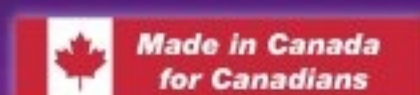


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